

Infant Foods

Dry Infant Cereal - GERBER BRAND ONLY

Allowed: 8 oz. boxes only - all flavors

Not allowed:

- added DHA/ARA
- added fruit
- jarred cereal
- variety packs

Baby Foods - BEECH-NUT, GERBER and NATURE'S GOODNESS ONLY

Allowed: fruits and vegetables, **4 oz. container only** - single ingredient or combination of single ingredients

Not allowed:

- added DHA/ARA
- added sugars, starches (e.g., cereal), salt or meat
- baby food desserts (e.g., peach cobbler, tutti frutti)

Allowed: meats, **2.5 oz. container only** - strained with gravy or broth **only**

Not allowed:

- added DHA/ARA
- added sugars or salt
- dinners (e.g., spaghetti and meatballs)
- infant food combinations (e.g., chicken and green beans)

Formulas

Only the brands, types and amounts printed on the WIC coupon

Fruits and Vegetables - Store Brand Preferred

- Participants must pay any amount that exceeds the value of the Fruit and Vegetable Vouchers. You may use cash, Food Stamps or any other form of payment accepted by the vendor.
- Participants will not be refunded for any amount not spent.

Not allowed:

- catsup or other condiments
- dried fruit (e.g., fruit leathers, fruit roll ups, prunes, raisins)
- dried vegetables (e.g., potatoes, onions)
- edible blossoms or flowers
- herbs or spices
- pickled vegetables (e.g., sauerkraut, pickled beets, olives)

Choose from any combination of fresh, canned or frozen fruits and vegetables

Fruits

Fresh Fruit

Not allowed:

- baked goods with added fruit
- decorative or ornamental fruits
- fruit baskets
- fruit trays or party trays
- fruit with added nuts
- fruit with sauces or dips
- items from salad bar

Fruit in Cans, Jars or Plastic Containers

Not allowed:

- fruit in gelatin
- fruit in heavy, light or extra light syrup
- fruit with added sugar or added nuts
- fruit with sauces or dips;
- pie filling
- sorbets, fruit chillers or parfaits

Frozen Fruit

Not allowed:

- baked goods with added fruit
- fruit bars
- fruit with added sugar
- sorbets

Vegetables

Fresh Vegetables

Not allowed:

- decorative or ornamental vegetables
- items from salad bar
- vegetable trays or party trays
- vegetables with sauces or dips
- white or yellow potatoes

Canned/Jarred Vegetables

Not allowed:

- creamed vegetables
- mixed vegetables with potatoes
- salsa
- soups
- spaghetti or pizza sauce
- vegetables with added fats and/or oils
- vegetables with sauces or dips
- white or yellow potatoes

Frozen Vegetables

Not allowed:

- breaded vegetables
- mixed vegetables with potatoes or added sauces, seasonings, fats, oils, nuts, rice, pasta, or other grains
- white or yellow potatoes

This institution is an equal opportunity provider.



Ohio WIC Authorized Foods

**Effective October 1, 2009
through September 30, 2011**

Shop Smart, Eat Smart, Play Hard

- Buy store brand
- Shop for sales and specials
- Use manufacturer and store coupons
- Use store advantage and rewards cards
- Buy only the amount of foods you can use

**Organic products are authorized
for purchase with the
Fruit and Vegetable Vouchers only**

Authorized products are subject to change

Beans or Peas - Store Brand Preferred

Allowed: dried beans or peas, **16 oz. size only**

Not allowed: beans or peas with added seasonings

Allowed: canned beans - you may combine canned beans from 32 oz. up to 192 oz. as printed on the WIC coupon

Not allowed:

- baked beans
- beans with added seasonings, sauces, fats or meats
- jarred beans
- green beans, wax beans, sweet young or green peas (may be purchased only with the Fruit and Vegetable Vouchers)

Cereal - See Ohio WIC Authorized Juice and Cereal Brochure

Cheese - Store Brand Preferred

Allowed: regular or low-fat cheese, **16 oz. size only** - domestic blocks or slices of only the following types:

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|---------------------------------|-------------------------|
| • brick | • natural cheddar |
| • colby | • pasteurized processed |
| • colby-monterey jack (co-jack) | • American cheese |
| • monterey jack | • provolone |
| • mozzarella | • Swiss |
| • muenster | |

Not allowed:

- | | |
|---------------------------------|--------------------------------------|
| • 8 oz. packages | • deli cheese |
| • cheese spread | • farmers' or butter cheese |
| • cheese food or cheese product | • individually wrapped cheese slices |
| • cream cheese | • low-sodium cheese |
| • cracker-cut cheese | • shredded cheese |
| • crumble cheese | • string cheese |
| • cube cheese | |

Eggs - Store Brand Preferred

Allowed: large, white chicken eggs **only**

Not allowed:

- | | |
|---|------------------------|
| • brown eggs | • hard boiled eggs |
| • cage-free or free-range chicken eggs | • low-cholesterol eggs |
| • egg substitutes | • pasteurized eggs |
| • eggs fortified or enhanced with omega-3 | • pickled eggs |

Fish - Store Brand Preferred

Allowed:

- canned tuna - chunk light packed in water **only**, **5-6 oz. can size only**
- canned salmon - pink salmon **only**, up to 14.75 oz. can

Not allowed: red salmon; salmon or tuna in pouches

Juice - See Ohio WIC Authorized Juice and Cereal Brochure

Lactaid

Only when printed on the coupon -

2 half gallons or 4 quarts may be substituted for 1 gallon

Milk - Store Brand Preferred

Allowed: gallons only (unless half gallon printed on the WIC coupon)

Not allowed: fat-free plus milk; flavored milk; super skim milk

Nonfat Dry Milk - Store Brand Preferred

Only when printed on the WIC coupon - 25.6 oz. box only

Peanut Butter - Store Brand Preferred

Allowed: 14 oz. to 18 oz. jar only - regular or natural

Not allowed:

- added jelly, marshmallow, honey or other foods
- fortified or enhanced varieties
- whipped peanut butter

Whole Grains



You may combine whole grains up to 16 oz. or 32 oz. as printed on the WIC coupon

Not allowed: individual serving sizes; items with added nuts, fruits, spices or icings; white or wild rice

Whole Wheat or Whole Grain Bread

Aunt Millie's - Healthy Goodness Whole Grain with DHA; Healthy Goodness Whole Grain White; Homestyle 100% Whole Wheat

Country Hearth - 100% Stone Ground Whole Wheat; 100% Whole Wheat; Hearty Whole Grain; Whole Wheat Thin Sliced

Gold Medal - 100% Whole Grain; 100% Whole Wheat

Healthy Life - 100% Whole Grain Wheat

Pepperidge Farm - 100% Whole Wheat; Stone Ground 100% Whole Wheat; Very Thin Sliced Soft 100% Whole Wheat

Sara Lee - Classic 100% Whole Wheat

Weight Watchers - Whole Wheat

Wonder - Soft 100% Whole Wheat; Stoneground 100% Whole Wheat

Whole Wheat or Whole Grain Buns

Arnold - Whole Wheat Hamburger

Aunt Millie's - Hearth 100% Whole Wheat Hamburger; Hearth All Natural 7 Grain Hamburger; Old Fashion Wheat Sandwich

Tortillas

Chi Chi's - Whole Wheat

Kroger - Whole Wheat

Meijer - Corn; Whole Wheat

Mission - White Corn

Brown Rice - Store Brand Preferred

Allowed: plain, any brand

Oatmeal - Store Brand Preferred

Allowed: plain, any brand (no packets)